

## October may bring 16<sup>th</sup> Halloween Howl!!

We hope that we will all be vaccinated and able to hold the 16th Annual Halloween Howl. We will have to gain acceptance from the City and will need to ensure that the restrictions of distance are removed. Its always great fun and there are so many creative designs. If you would like to be a vendor (for free) please contact us at [o.l.a.e@comcast.net](mailto:o.l.a.e@comcast.net).



## “Play it safe Park Rules

**For your safety, please keep AT LEAST 6 FEET AWAY FROM OTHERS and wear a mask:**

- Enter at your own risk, the park is not sanitized.
- Do not enter park if you are exhibiting any illness symptoms or have been in contact with someone with COVID-19 in the last 14 days.
- Sanitize or wash your hands before and after entering the park.
- Spread out, limit groupings of people to 5 or fewer to promote 6' social distancing.
- Avoid physical contact like handshakes or high fives.

- Avoid touching gates, fences, benches, water faucets and trash cans with bare hands.
- Wear a mask if possible or when proper distancing cannot be accomplished.

## Another donation to Food Bank

Because of COVID, OLAE donated dog food in conjunction with Blue Collar Dog House to the Food Bank. OLAE has been donating food since 2013 in conjunction with stores like Petosa's, IGA and others. We forgot to weigh it...but it looks like a good amount of food and since the pandemic in 2020 O.L.A.E. has donated close to \$800 to those in need (woof).



## Ask Dr. Cindy

Dr. Cynthia Glover of Lunar Poodle Veterinary Services is a familiar face among park users that come to the Halloween Howl. Dr. Cindy has joined us for many years and is an expert in the field of acupunture for pets. She is fascinating with her holistic approach to pets and her newsletter is always informative. We asked her to talk about allergies since Spring has sprung and many dogs are sneezing and experiencing allegry symptoms.

Has your dog been scratching a lot lately? Is constant paw licking keeping you up all night? It could be seasonal allergies. In people, allergies usually cause watery eyes and sneezing, but in dogs allergies often cause itching or atopy. Fortunately there are some herbal remedies that can help eliminate the need for a lot of medications, or make them necessary only during acute flare-ups.

Of course, the best way to deal with an allergy is to limit exposure. For pollens, this means wiping your dog's feet every time he or she goes outdoors (try an apple cider vinegar rinse, and be sure to work in between the toes).

I like to get all of my dermatitis cases on a good quality omega-3 oil. Why? The fatty acids in cell membranes are pro-inflammatory, but if the omega-3 fatty acids work their way in, the inflammation is decreased, so less itch!

Next, you can use quercetin, a flavonoid, which has anti-histaminic and anti-inflammatory properties. Bromelain and papain also decrease inflammation and can help increase the absorption of quercetin, so it's a great combination to try. Topical aloe vera or chickweed gels can soothe hotspots.

Chinese herbs may be added depending on the pattern. For red, hot, rashy skin a combination featuring Chrysanthemum may be used, whereas thick, greasy, damp skin may call for Poria. Dry, flaky and itchy skin calls for a combination including Angelica or Rehmannia.

Itchiness from allergies can be a frustrating problem for both you and your dog. Fortunately with these aids we can help Fido be more comfortable and give you some peace of mind too.

## About US

O.L.A.E. (Off-Leash Area - Edmonds) became a non-profit organization in August 2005, to fulfill our mission to steward and maintain the off-leash

dog area in Edmonds. Please visit [www.olae.org](http://www.olae.org) to learn more about us and our mission.

## Become a Member

There are a lot of good reasons to become a member. Member dues go towards promoting and improving our dog park. Members will receive a subscription to our quarterly newsletter which provides information on upcoming events, news and educational features. All donated funds are TAX DEDUCTIBLE. We now have PAYPAL so you can go to our website

**Off Leash Area Edmonds (O.L.A.E.)**  
**P.O. Box 1562**  
**Edmonds WA 98020 - 1562**  
**EIN #16-1730771**

Please check one:  New Member  Renewal

**Please print clearly:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Evening Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Dog(s) names: \_\_\_\_\_

Can we email you the newsletter:  Yes

Contact me to help volunteer:  Yes

Annual Membership

- \$ 10 Individual
- \$ 20 Family
- \$ 50 Sassy Supporter
- \$100 Best Friends Lounge  
(free advertising on O.L.A.E. website).
- \$200 Yappie Club Level  
(free advertising on O.L.A.E. website & newsletter).

Make check payable to **O.L.A.E.** Thanks!

Current Yappie Club Sponsors:

Blue Collar Dog House ([www.bluecollardoghouse.com](http://www.bluecollardoghouse.com))

Edmonds Westgate Vet Hospital ([www.evwh.com](http://www.evwh.com))

Jolene Otter from Quilts from the Heart

Gallaghers' Where U-Brew ([www.whereubrew.com](http://www.whereubrew.com))

Stella and Floyds ([www.stellanfloyds.com](http://www.stellanfloyds.com))

McDonald McGarry Ins. ([www.mcdonaldmccgarry.com](http://www.mcdonaldmccgarry.com))

Red Twig ([www.redtwig.com](http://www.redtwig.com))

Alicia Brattin

Brian Albright and Kiko (woof)

Rod Bohstedt & Nathan (woof)

Note: O.L.A.E. is not responsible for any illness or injury incurred during park visit. For information, please visit [www.olae.org](http://www.olae.org) and look under rules and responsibilities.